

Ponerosa Strut

拍數: 128 牆數: 1 級數:
編舞者: Donna Smith
音樂: Unknown



- 1-4 Walk forward right-left-right-left/hitch.
5-8 Continue walk forward left-right-left-right/hitch.
9-14 Shuffle backward right-left-right, left-right-left, right-left-right.
- 15&16 Shuffle backward left-right-left with $\frac{1}{4}$ turn to left.
17-30 Repeat steps 1-14.
31&32 Shuffle backward left-right-left with $\frac{1}{2}$ turn to left.
33-48 Repeat steps 1-16.
49-52 Walk backward right-left-right-left/hitch.
53-56 Continue walk backward left-right-left-right/hitch.
57-62 Shuffle forward right-left-right, left-right-left, right-left-right.
63&64 Shuffle in place left-right-left.
- 65- Heel split (left to left & right to right).
66- Toe fan (left to left & right to right).
67-68 Repeat steps 65-66.
69-72 Two hip pushes to right, two hip pushes to left.
73- Toe fan (left to right & right to left).
74- Heel fan (left to right & right to left).
75-76 Repeat step 73, bring heels together.
77-78 Step forward right, pivot $\frac{1}{2}$ turn to left.
- 79-80 Step forward right, pivot $\frac{1}{2}$ turn to left.
81-84 Grapevine right, hitch left.
85-88 Grapevine left, hitch right.
89-120 Repeat steps 57-88.
121-126 Repeat steps 9-14.
127&128 Shuffle in place left-right-left.

REPEAT
